

Lime & Coconut Mousse (Dairy Free)

Makes About 4 Cups

Ingredients

- 1/2 cup fresh lime juice, about 4-5 med limes
- 1 package gelatin powder
- 3 large egg whites
- pinch cream of tartar
- 1/2 cup plus 1 Tbsp granulated sugar
- 400 ml (14 fl ounce) cans coconut milk (not light), chilled in the fridge overnight

Garnish

- 1 ripe mango, chopped
- fresh mint
- coconut chips

Special Equipment

- candy thermometer
- stand-up or hand-held electric mixer
- pastry bag, optional (the pastry bag helps to portion out the mousse neatly, without messing up the serving containers)

Cooking Instructions

Before you start, place the clean bowl of a standup mixer fitted with a whisk (or a medium bowl and a whisk) in the fridge or freezer to chill.

Open the tins of chilled coconut cream and scoop the thick portion of the cream (the part that rises to the surface) into your chilled mixing bowl. You'll have about 325 ml of the thinner coconut milk, leftover. Set aside for another use.

On medium speed whisk the coconut milk until light and frothy, about xxx minutes. Transfer to another bowl, cover and set aside in the fridge. (You'll need to clean the mixing bowl to mix the whipped egg whites.)

Off heat, pour the lime juice in a small saucepan and sprinkle the gelatin over the surface of the juice (don't dump the gelatin in one spot, other wise the gelatin won't disperse and dissolve properly). Whisk the gelatin into the juice, then heat until the gelatin is completely melted.

Place the egg whites in the clean bowl of a standup mixer fitted with a whisk (or a medium bowl). Add a pinch of cream of tartar and whip the egg whites just until they appear frothy. (Do not whip them to soft billows just yet.)

Place the sugar and water in a small saucepan and stir. Heat the mixture over medium heat until it reaches the "soft ball" stage, 230 F. Do not allow the temperature to exceed 230 F.

Working quickly, carefully pour the hot syrup into the egg whites in a thin, steady stream (avoiding the whisk) all the while whipping the egg whites at high speed until stiff peaks have formed. Continue to whisk until the bottom of your mixing bowl has cooled.

Fold the whipped egg whites into the lime mixture in two or three batches until well incorporated.

Then fold in the whipped cream.

If you're using a piping bag, pour the mixture into the piping bag, then portion the mousse in your serving containers. Alternatively, spoon the mixture directly into the serving containers. Refrigerate until set.